



WELL CHILD EXAM - EARLY CHILDHOOD: 3 YEARS  
(Meets EPSDT Guidelines)

DATE

童年早期：3歲

由家長填寫兒童的情況

兒童姓名

出生日期

過敏症

目前用藥

自上次體檢後出現的病症/事故/問題/擔憂

是 否

☐ ☐

我的孩子飲食多樣化。

是 否

☐ ☐

我的孩子能雙腳跳下一階樓梯。

☐ ☐

我的孩子知道自己的名字、年齡及性別。

☐ ☐

我的孩晚上大部份時間都不尿床。

☐ ☐

我家中的人懂得我孩子所說的話。

☐ ☐

我對我孩子的聽力/ 視力感到擔心。

WEIGHT KG/OZ. PERCENTILE

HEIGHT CM/IN. PERCENTILE

BLOOD PRESSURE

☐ Review of systems

☐ Review of family history

Screening:

Hearing Screen

MHZ

R

L

4000

2000

1000

500

Vision Screen

R 20/

L 20/

N A

Development

☐ ☐

Behavior

☐ ☐

Social/Emotional

☐ ☐

Gross Motor

☐ ☐

Fine Motor

☐ ☐

Communication

☐ ☐

Physical:

N A

General appearance

☐ ☐

Skin

☐ ☐

Head

☐ ☐

Eyes

☐ ☐

Ears

☐ ☐

Nose

☐ ☐

Oropharynx/Teeth

☐ ☐

Neck

☐ ☐

Nodes

☐ ☐

Mental Health

☐ ☐

Describe abnormal findings:

Chest

Lungs

Cardiovascular/Pulses

Abdomen

Genitalia

Spine

Extremities

Neurological

Gait

N A

☐ ☐

☐ ☐

☐ ☐

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☐ ☐

☐ ☐

Diet

Elimination

Sleep

☐ Hct/Hgb ☐ Dental Referral ☐ Tb ☐ Lead Exposure

☐ Fluoride Supplements ☐ Fluoride Varnish

☐ Review Immunization Record

Health Education: (Check all completed)

☐ Nutrition ☐ Child Care ☐ Development

☐ Regular Physical Activities ☐ Car Seat or Booster Seat

☐ Safety ☐ Discipline/Limits ☐ Toilet Training

☐ Passive Smoking ☐ Limit TV ☐ Friendship/Siblings

☐ Other

Assessment:

IMMUNIZATIONS GIVEN

REFERRALS

NEXT VISIT: 4 YEARS OF AGE

HEALTH PROVIDER NAME

HEALTH PROVIDER SIGNATURE

HEALTH PROVIDER ADDRESS

## Guidance to Physicians and Nurse Practitioners for Early Childhood (3 years)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

### Fluoride Screen

Check with local health department for fluoride concentration in local water supply, then use clinical judgment in screening. Look for white spots or decay on teeth. Check for history of decay in family.

### Tuberculosis Screen

Screen for these risk factors:

- Members of household with tuberculosis or in close contact with those who have the disease.
- In close contact with recent immigrants or refugees from countries in which tuberculosis is common (e.g., Asia, Africa, Central and South America, Pacific Islands); migrant workers; residents of correctional institutions or homeless shelters or persons with certain underlying medical disorders.

### Hepatitis B Vaccine

- For children and adolescents not vaccinated against hepatitis B in infancy, begin the hepatitis B vaccine series during any childhood visit. Give the second dose at least one month after the first dose and give the third dose at least four months after the first dose and at least two months after the second dose.

### Developmental Milestones

Always ask parents if they have concerns about development or behavior. You may use the following screening list, or use the Ages and Stages Questionnaire, the Denver II, the ELMS2 (a language screen), or the MacArthur Communications Development Inventory.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Washes and dries hands.
<input type="checkbox"/>	<input type="checkbox"/>	Imitates vertical line.
<input type="checkbox"/>	<input type="checkbox"/>	<u>Says what to do when tired, cold, hungry.</u>
<input type="checkbox"/>	<input type="checkbox"/>	<u>Names 4 animals pictures (e.g., cat, dog, bird, horse).</u>
<input type="checkbox"/>	<input type="checkbox"/>	Identifies 2 animals pictures: "Which flies? Meows? Barks? Gallops?"
<input type="checkbox"/>	<input type="checkbox"/>	<u>Throws ball overhand.</u>
<input type="checkbox"/>	<input type="checkbox"/>	<u>Pedals tricycle.</u>
<input type="checkbox"/>	<input type="checkbox"/>	Says "no!" often.
<input type="checkbox"/>	<input type="checkbox"/>	Persistent encholalia (repeating what was just said).
<input type="checkbox"/>	<input type="checkbox"/>	Inappropriate play with toys/no pretend play.

**Instructions for developmental milestones:** At least 90% of children should achieve the underlined milestones by this age. If you have checked "no" on *even one* of the underlined items, or if you have checked one of the **boxed items** (abnormal behavior at this age), refer the child for a formal developmental assessment.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention. **Parents and providers may call Healthy Mothers, Healthy Babies with questions or concerns on**



## 3歲小兒的保健

### 重要標誌

**小兒在3至4歲期間的生長發育。**

可以唱簡單的歌曲。

告訴你他做過的事情。

知道自己的姓和名。

將9-10塊積木搭起來。

單腿蹦跳。

嘗試繪畫有幾個部位的人形（如頭、身體、腿）。

與小朋友玩簡單的遊戲，開始分享玩具。

玩簡單的拼圖遊戲。

**您可以在與您的孩子玩耍時幫助她學會新技能。**

**若需要幫助或詳細資訊，請聯繫**

**學習嬰幼兒和兒童人工呼吸以及急救措施：**

向當地的消防站或衛生部詢問是否提供此培訓課。

**嬰兒車座椅或兒童加固車座方面的疑問：**

安全約束裝置聯盟，1-800-BUCK-L-UP（留言）或撥1-800-833-6388（TTY中繼轉發）。

**免費發育檢查：**健康母親、健康寶寶資訊和轉介專線1-800-322-2588（留言）或1-800-833-6388（TTY中繼轉發）。

### 保健須知

水是一種健康的飲料。在您的孩子吃零食時應給她喝水而不是甜味飲料。您的孩子每天仍需要大約兩杯牛奶。

每天提供各種不同的水果和蔬菜。

每天幫助孩子刷牙。應使用含氟牙膏，牙膏用量應為豆粒大小。至少每年帶他去做一次牙科檢查。

教您的孩子在玩耍、去洗手間後和吃飯前將手洗乾淨。要用肥皂，並摩擦兩手大約20秒鐘。

### 子女教養須知

兒童最好的學習方式就是動手做。他們需要：

- 玩活動式的遊戲（捉人遊戲、球類、騎帶輪的玩具、攀爬）
- 玩培養想像力的遊戲（利用布娃娃、模型玩具、故事書）
- 玩需要使用雙手的玩具（積木、大塊拼圖）

限制電視和電腦時間，每天不超過一小時。

每天為孩子閱讀。與他談論圖畫和故事。

您是孩子最好的老師。她觀察您如何待人、吃飯、運動、放鬆、使用安全帶及過馬路。她想和您一樣。

### 安全須知

檢查家中是否有危險物。您的孩子還不夠大，因此還不能避開那些會對她造成傷害的東西，如火柴、槍枝和毒藥。把這些東西鎖好！

在您的孩子體重達40磅前應一直使用嬰兒車座椅。之後，在達到80磅前，應使用兒童加固車座。將您的孩子安置在車後座。

一定要讓他在騎三輪腳踏車、踏板車或其他帶輪玩具時戴頭盔。